Met Office

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Pollen Types:

- Cory – Hazel Pollen
- Alnu – Alder Pollen
- Sali- Willow Pollen
- Betu – Birch Pollen
- Frax – Ash Pollen
- Ulmu – Elm Pollen
- Quer – Oak Pollen
- Plat – Plane (tree) Pollen
- Poac – Grass Pollen
- Urti – Nettle Pollen
- Arte – Mugwort Pollen
- Ambr – Ragweed Pollen

A value of '0' indicates no measurement of this pollen type on this day at this location.

A value of '-1' indicates no count report available for technical reasons. It does not necessarily mean that no pollen of this type occurred on this day at this location.

A blank entry indicates that either data was not provided from the location or is not available yet.

Each measurement is supplied by the reporting site by 2pm (local time) each day, with measurement representing a total across the preceding 24 hour period. Thus the unit of measurement is "the number of grains of pollen per cubic metre over a 24 hour period (grains/m3 /24 hours)".

Pollen thresholds in table below (it's worth noting that different people have different tolerance to different pollen types and counts, so some will be more sensitive than others).

	Grains/m3	Low	Moderate	High	Very High
Poaceae	Grass	0-29	30-49	50-149	>=150
Betula	Birch	0-39	40-79	80-199	>=200
Quercus	Oak	0-29	30-49	50-199	>=200
Corylus	Hazel	0-29	30-49	50-79	>=80
Alnus	Alder	0-29	30-49	50-79	>=80
Ulmus	Elm	-	-	-	-
Salix	Willow	-	-	-	-
Fraxinus	Ash	0-29	30-49	50-199	>=200
Platanus	Plane	0-29	30-49	50-199	>=200
Urticaceae	Nettle	0-39	40-79	80-199	>=200
Artemisia	Mugwort	0-9	10-19	20-39	>=40
Cupressaceae	Cypress	0-39	40-79	80-199	>=200
Plantago	Plantain	0-9	10-19	20-39	>=40
Chenopodium	Goosefoot	0-9	10-19	20-39	>=40

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